



Junior Lifeguard Nippers Program

June 15th – 26th

Monday – Friday 10:30 am to 2:00 pm

This program will consist of similar, yet modified activities and events provided by the longer Junior Lifeguard Program. The Nippers program will include swimming, running, paddle-boarding, ocean safety, and introductions to marine and beach education. All of the activities and events have been altered to coincide with the lower swim requirements and younger age requirement of the participants.

Nippers Calendar June 2009

June 15	June 16	June 17	June 18	June 19
Intro to Ocean swimming and Ocean Safety	Lifeguard Equipment Orientation	Introduction to Paddleboards	Marine Education and Intro to Lifeguard games	Relay Competition Day
June 22	June 23	June 24	June 25	June 26
Training & Improvement Day	Paddleboard Adventure and Relay Day	Biathlon Day	Intro to Surf Rescues and Rescue Relays	Inter-Squad Competition

Participants and parents are encouraged to read the "Rules Regulations and Responsibilities of a Santa Barbara Junior Lifeguard" to assist with program expectations. Uniform requirements are identical to the regular Junior Lifeguard program and participants will all receive one long-sleeve program t-shirt